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COMMANDER NAVY REGION MID-ATLANTIC



Serving the
Mid-Atlantic Region
Navy Community

Safety Office

Naval Amphibious Base
Little Creek



SAFETY ADVISOR **July 2006**

The Navy Region, Mid-Atlantic Public Safety, Little Creek Safety Office publishes the Safety Advisor and widest dissemination within your organization is encouraged. Please post on official bulletin boards and route to your staff.

alert. aware. able.



We continue our support of 24/7 Operation Summer Force Preservation! This month's issue of the Safety Advisor will provide you with information and tips to remain ALERT – AWARE – ABLE

Have a great 4th of July Holiday



This coming weekend is usually reserved for summer gathering of friends and family. Whether you are traveling out-of-town, just driving to a local beach or park we want you to safely have great time. Two of the favorite activities for this weekend usually means playing with fire (literally) and can lead to a variety of accidental fires or burns. Let's see if we can accomplish these activities safely. Additional tips and information on grilling as well as food storage can be found on the Naval Safety Center website.

Tips for Cooking out & Grilling:

- o Read the directions...make sure you know how that new grill works before you start. Know where the valves are and how they work
- o Pay attention to where you set up the grill. Keep it at least three feet away from the house, garage, shed and greenery
- o Only use approved charcoal starter fluid, do not use gasoline and don't squirt starter fluid or gasoline on a fire after it's started
- o Set up a "hot zone" around the grill and keep children and pets out of this area...
- o Invest in an all purpose home fire extinguisher and keep it where it can be reached while the grill is hot
- o Store your gas cylinders outside and away from the house or garage



Fireworks

- Check the local laws and see if fireworks are legal. In Virginia they are illegal
- If they are legal, determine what fireworks are legal and which are not
- Be aware of local fire conditions...there are a lot of areas that are very dry and fireworks could be a bigger fire danger
 - Keep small children and pets away from fireworks
 - Keep the audience a safe distance away from area where fireworks are being set off...watch for misfires and misdirected fireworks
 - Don't immediately approach fireworks that haven't fired, don't try and relight duds...soak them in water
 - Have a bucket and water hose close by
 - Your best bet...go to a local professional display, sit back and enjoy the show



Outdoor Sports

Baseball, softball, soccer, tennis, Frisbee, golf, croquet, horseshoes, volleyball, waterskiing, surfing, wake boarding, horseback riding, swimming....the list could go on forever! Let's just start with some general tips and ideas to keep you safe no matter what outdoor activity of sport you engage in.

- Sun protection – Make sure you are using sunscreen with a high rating, SPF15 at a minimum. To be effective sunscreen should be applied at least 15-30 minutes before exposure, and then reapplied liberally while you are out in the sun. If you are going to be in the water, use a waterproof sunscreen, make sure you reapply when you come out of the water. Don't forget your ears and the back of the neck. Wear a hat to help keep you cool and protect your head from the sun
- Hydration – Make sure to drink plenty of water and drink it even if you don't feel thirsty. Our bodies need water to keep cool. Avoid drinks with alcohol and/or caffeine in them. (They will make you feel better for a short while, but will also make the effect of heat on your body worse. Special note...this is especially true with beer, which dehydrates the body. If you are participating in any sport that requires a lot of energy it is a good idea to drink a sports drink in between drinking water. Sports drinks will help to restore the electrolytes burned during strenuous activity
- Protective Equipment – Use sunglasses to protect your eyes from the damage caused by the sun's UV rays. Glasses labeled to absorb at least 90% of the UV sunlight are best. If you are engaging in sports you may want to consider wearing sunglasses or prescription glasses that are impact and shatter resistant. Look for the ANSI Z78.1-2003 marking on any glasses marked as "Safety glasses or Impact/Shatter" resistant. Make sure you have the correct safety equipment for whatever sport you are playing
- Spinal/Neck Injuries – When swimming and surfing/bodyboarding be familiar with the waters and area before you jump in. Don't dive head first into any unknown water or pool. Don't dive headfirst into oncoming waves. Don't jump or dive from cliffs, piers, jetties, or bridges
- Swimming – Choose beaches and pools where lifeguards are on duty. Pay attention to the flags that may be posted on any of the beaches; red flags at the beach indicate dangerous conditions due to winds/wave action, rip tides and other situations. Don't swim alone, use the buddy system. When swimming at the beach, swim parallel to the shore not away from it. If you get caught in a rip-tide, try not to panic; swim parallel to the shore until you swim out of it
- Bicycles - Use your head and wear a helmet. Dress in bright colored clothing, ride to be seen. Check your bike and make sure that handlebars, seats, and pedals are tight. Are the brakes, cables, and chains properly lubricated?
- Rollerblades/Skateboards – On skateboards wear sturdy shoes, not sandals or flip-flops. When rollerblading use a helmet, elbow and knee pads. Watch for rocks, sands, gravel and other road debris that could send crashing to the ground. The best place for you skateboard is at a skate park
- Baseball & Softball – A lot of injuries occur from excessive pitching. Hopefully your team or league has rules about the number of innings you can pitch. If not, a reasonable approach is to count the number of pitches thrown and use 80-100 pitches as a maximum per game and 30-40 pitches in a practice. Uses the old adage of "If it hurts when you do that, then don't do that"! Another source of injuries on the field happen when runners slide into bases, these injuries can be minimized by replacing fixed bases with "breakaway bases". Make sure batters and catcher's are using proper protective equipment



- o Final note – Make sure you are ready for whatever outdoor sport you decide to participate in. If you haven't played ball for years, don't suddenly jump out on the field thinking you can still run and play like you did when you were younger. Keep up some type of year round exercise and warm-up before you start the game. Otherwise you might just find out the hard way what pulled muscles or broken bones feel like...not a fun way to spend the rest of the summer

Home Safety

Rule # 1 – Most of the lawn equipment and home appliances you buy have just the right amount of power for the job they were designed to do...so they don't need "more power".

Lawn Care Equipment

Before you purchase that new mower make sure it equipped with a "kill switch" built into the handle (or seat if you buy a riding mower). When you release the handle or lift up off the seat the engine will stop and the mower will stop moving. Be sensible when letting the kids help you mow

Don't place children on your lap while you are riding a mower, or let them walk in front of you while pushing the mower.

It's too easy for them to fall and get injured

Make sure you are wearing sturdy shoes, not flip-flops and use safety glasses to protect your eyes from flying debris.

Most mowers are loud enough to require hearing protection too

Don't fuel your mower while it's running, fill it before you begin and the engine gets hot

If you must do anything with the blade make sure to disconnect the spark plug first

Before clearing clippings or something lodged in the blade, turn the mower off and wait for the blades to stop spinning

Weed trimmers and edger's also require sturdy shoes, long pants, safety glasses and hearing protection

Be alert to pets, neighbors and children around you when trimming and edging due to flying debris

New Appliances, tools, and other gadgets

First...read the instructions' including any warnings, you know what happens when you assume something...so don't assume you already know how it works

Store the instructions in a safe place so they are available when you need to do repairs or maintenance

Use appliances and tools as they are intended to be used. A screw driver is not a good chisel and the kitchen knife is not a screwdriver

Keep an eye on electrical cords and outlets, watch for trip hazards and frayed/broken wires and check insulation for cracks. Don't pick up tools by their cords

Unplug portable and counter top appliances when not in use

Don't overload electrical circuit or by-pass electrical safety features such as GFCI outlets. Uncoil or unwrap electrical cords while they are in use

Replace damaged electrical equipment or have it properly repaired

When doing electrical repairs use a wood or fiberglass ladder

Make sure tools and appliances are approved by an independent testing lab (i.e., Underwriters Laboratories UL)

When using generators, plug appliances directly into the generator or use heavy duty outdoor-rated extension cord with a 3-prong plug. Do not run generators inside garages or porches. Don't place generator exhaust ports directly under windows or doors leading to living spaces which can expose anyone in those spaces to carbon monoxide poisoning

Home Auto Repairs

Use the right tools for the job. Sockets, wrenches and other tools should be the exact size, not "close enough".

Protect your hands from solvents and gasoline with gloves

Have necessary equipment to clean up spills and know how to dispose of flammable rags

Wear the proper protective equipment to protect your eyes from metal chips

If you have to put your vehicle up on ramps or stanchions, make sure they are sturdy and within weight handling specifications. Follow all directions for how to set the car's emergency brake, transmission and chocking the other wheels.

Don't improvise when working under vehicles!

Watercraft Safety

If you are going to be out and about in your boat or on your jet-ski's with friends or family this summer make sure everyone on board can swim; if they can't swim they need to be wearing a lifejacket.



In this case...alcohol and water don't mix. Don't drink while you are boating or riding Jet Ski's. Alcohol leaves you tipsy, both mentally and physically. More than half of the people who drown in boating accidents had been drinking. Word to the wise...DUI doesn't only apply to driving vehicles. You can be charged with DUI while operating a boat or jet-ski. As far as drinking goes, boats and jet-ski's are just cars on the water!

Boating and Jet Ski's

Have enough life jackets for all passengers and be sure everyone is wearing one
Before you head out for the day, have a plan. Where are you headed and what time you expect to be back.
Share the information with someone who will be expecting your return. In the event of an emergency they will be able to tell rescuers where to start looking for you
Learn about boats, water and navigation. The Coast Guard Auxiliary teach classes in navigation, weather and emergency procedures.
Keep a check on the weather. Check the forecast before you leave and watch the weather while you are out.
If you see or hear a storm, it's time to head for land.
Make sure you have a flare gun, flashlight, whistle or air horn to signal other boaters if you need assistance.
Don't rely on your cell phone, you may be out of range to place a call.
When on a jet-ski be courteous and use common sense. Pay attention to no-wake zones and speed limits.
Be aware of traffic/navigation patterns
Steer clear of areas where people are swimming and surfing
Approach other boats, jet ski's, docks or the shore line slowly

Water Skiing



Wear an approved life jacket
Check equipment and make sure it is in good shape
Cut the motor when you approach a fallen skier
Keep an eye toward the front of the boat as well as watching your skier
It's a good idea to have an extra person on board to help as a lookout and help the skier
Make sure that everyone is aware of the hand signals you will use between the skier and person driving the boat

Life Preservers

Check the laws in the area where you will be boating. Many states have laws requiring life preservers/jackets at all times.
Choose Coast Guard approved personal flotation devices (PFD's)
There are four (4) types of personal flotation devices make sure you have the appropriate one:
Type 1 – designed to turn a person who is unconscious & face-down in the water to an upright, slightly backward position. Use in open water and on the ocean
Type 2 – similar to type 1, but cannot be relied upon to help an unconscious person to float face up. They are more comfortable and come in a wide range of sizes
Type 3 – work well when you are conscious and on calm, inland waters. Used during water sports, when you can expect to be rescued quickly
Type 4 – Life preservers are flotation cushions or rings. These can be held onto while awaiting rescue if you're in the water or can be thrown to someone who has fallen in
Make sure children are wearing PFD's intended for children. Teach children how to put on life jackets and make sure they fit properly
Life jackets and life preservers are not substitutes for adult supervision and should always be worn as instructed
Don't use inflatable water wings, toys, rafts, and air mattresses as life preservers

Fatigued Driving

We've all done it. Your leave is approved and you are ready to head off to the beach, the mountains, or back home for a visit with friends and family. Maybe you are heading to a new duty station. You pack everything in the car and head to work with a plan of taking off right after quitting time after all it's only a 12 hour drive and you don't want to waste a minute of your time off. This is where the problem starts...you stayed up late last night packing and getting ready to go. You got about 4-6 hours sleep and went into work at "O'Dark Thirty" to try and get everything done before you take off. You work through lunch, drink too much coffee or soda, planning to grab something once you are on the road. You my friend are going to be a fatigued driver. Not only are you placing yourself in danger, but you are placing everyone else on

the road around you in danger. Practice ORM! Plan this trip out a little better; it will be safer, more enjoyable and you will have a better chance of spending it where you intended and not in a hospital or worse...



Instead of taking off directly from work, go home. Get a good night's sleep and leave early in the morning
Once you are on the road don't drive if you start getting tired, pull over somewhere (roadside rest or a motel) and get some sleep. Opening the windows, turning on the AC and radio full blast will not keep you awake
Take breaks from driving. Stop, get out of the car and walk around. Give your muscles a chance to relax
Make sure to stop and eat. Low blood sugar is more dangerous than being tired it effects you ability to focus and think rationally
Share the driving with someone
Drive defensively, watch your speed and adjust for poor weather
Be aware of other drivers, if someone is acting erratic, get away from them

alert. **24/7**

Traffic Safety Statistics

Traffic Death Update

On June 25, an IT2 from USS Rentz was killed when he lost control of his car and crashed into a retaining wall where a state road merged onto an interstate highway. Also, an MASN from Naval Station Pascagoula was struck by a car while walking near an interstate highway. On June 26, a sergeant from 1ST LAR/1ST MARDIV died from injuries suffered in a motorcycle wreck on June 13. His motorcycle had been struck by a car while riding in Oceanside, Calif

[PMV Stats](#) | [PMV Narratives](#)

Navy and Marine Corps PMV Deaths – FY06 to date = 100



Coming attractions

...in the next issue of the Safety Advisor

More on "The Critical Days of Summer"...

Bicycling

Jogging

Grilling

Distracted Driving & Road Rage

Future Planning

08/15/06 – 1300 – DUI Prevention Meeting – Marine Reserve Center Auditorium

08/17/06 – 0930-1030 – Quarterly Traffic Safety Council Meeting – Bldg 3535, Base Chapel

Speeding

We could write an article here to tell you the danger's of speeding...the cost of speeding, etc. Instead we think pictures are worth a couple thousand words...



What happens when you borrow Dad's car & your Ferrari hits a pole at 200+ mph?

The young man had some bruising (from the seat belt) & 2 small cuts

Car loss \$3 million (*Only 1 in California*)

Waiting list for a new one ? 2 years

When can I drive Dad's car again? No sooner than the nuclear 1/2 life of plutonium

Why do we drive on parkways and park on

Comedian Steven Wright

"The Deficiency Corner"

Could this be your worksite???

If you have this problem... let's do something about it!!



Problem: Blocked Fire Extinguisher

Violation: 29CFR1910.157(c)(1)

Solution: Remove plants from in front of the extinguisher and keep the area clear & accessible



Problem: Access to Electrical Panels Blocked

Violation: NEC Article 110-16(a)

Solution: Maintain 36" clearance in front of and around electrical panels

Safety Funnies?

A voice on the office loudspeaker announced:

"We will be testing the speaker system to make sure it will work properly in case of emergency."

My confidence in this safety precaution faded when the voice added:

"If you are unable to hear this announcement, please contact us."

Scheduled Safety Training

Motorcycle Safety - Basic Rider Course (BRC)

06-07 July 2006
17-18 July 2006
14-15 August 2006
28-29 August 2006
11-12 September 2006
25-26 September 2006
02-03 October 2006
16-17 October 2006
13-14 November 2006
11-12 December 2006



For Registration form & procedures, visit our website at <http://www.nablc.navy.mil/safety/motorcycletrainingcourse.htm>

Classes are generally conducted at 0700 at Bldg 3535 Base Chapel. Participants are to meet in the parking lot at the corner of 5th St. and D St (Lot is located between the Base Chapel and the NEX Furniture Store)

Questions can be directed to 462-2199 or 462-2197

Motorcycle Safety - Experienced Rider Course (ERC)

New Course

27 July 2006

24 August 2006

This is a one day course and will begin at 0730. To enroll in the Experienced Rider Course, you must provide a copy of your BRC card to show you have completed the MSF Basic Rider Course. (Copy of card may be faxed to our office at 757-462-2566.)

(If you are registering for the new Experienced Rider Course, please indicate ERC in the comments section.)

AAA Driver Improvement Program (DIP):

12 July 2006 – Navy College, Bldg 3016, Room 241 – Limited to 24 students
26 July 2006
16 August 2006
30 August 2006
13 September 2006
27 September 2006
25 October 2006
29 November 2006
13 December 2006

Classes are generally conducted at 0730 on the last Wednesday at Bldg 1602, Rm 112 E (Location changes will be announced next to dates above) of each month or as requested. To register call 462-2199 or 462-2197 or visit our web site at: <http://www.nablc.navy.mil/safety/dip.htm>

Per OPNAVINST 5100.12G Navy Traffic Safety Program Instruction requires DIP classes for: All Navy military & DON civilian personnel operating government motor vehicles (GMV). Personnel are required to take the DIP Class if they are required to operate a GMV by job description, PD, a requirement of the specific job, etc. It does not include personnel who operate GMVs such as the CO/XO, person using a GMV to go on travel, etc.

All Navy military & DON civilian personnel involved in a crash while driving a GMV (whether on or off government property)

All Navy military personnel who have been convicted of serious moving traffic violations (e.g. reckless driving, driving while impaired, speeding, following too closely, failure to yield, etc.) while driving a private motor vehicle (PMV) or GMV (whether on or off government property)

All DON civilian personnel in a duty status who have been convicted of serious moving traffic violations (e.g. reckless driving, driving while impaired, speeding, following too closely, failure to yield, etc.), while driving a PMV or GMV (whether on or off government property) (Note- Serious violations are similar to those considered "6-point violations" by the Virginia Department of Motor Vehicles).

Offenders, military or civilian, shall successfully complete the American Automobile Association's Driver Improvement Program (AAA DIP) conducted by a COMNAVSAFECEN-approved instructor or other COMNAVSAFECEN approved training or lose installation driving privileges



Thanks to everyone who contributed to this month's Safety Advisor

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